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PEDIATRIC BRIDGE HOSPITAL

Bathing Safety- Infants

How often does your baby need a bath?

- Three baths per week during baby's first year may be enough. Bathing more frequently can dry out your baby's skin.

Never leave your baby alone in a bath

- Even a small amount of water can be dangerous for your infant.
- If you must leave the room, always take your baby with you.

Water Temperature

- A small tub lets you control the water temperature for baby's bath.
- When adjusting your baby's bath water, start with cool water and add hot water to it.
- Mix the water until it feels warm but not hot.
- Always test the water temperature with your elbow or drop water onto the inside part of your arm. You can also buy a thermometer made for testing bath water.
- Turn your hot water heater down to 120°F or lower to prevent burns.

Keep your baby warm

- The temperature of the room where you're bathing your baby should be about 75°F.
- Pat your baby dry as soon as you're done with the bath.